

The Good Food News

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Healthy & nutritious snacks are part of a balanced diet for children

Snacks help maintain energy throughout the day.

Eating a healthy snack can help fill the gap between meals and keep the body energized for activity and play.

Healthy snacks help maintain a healthy body weight.

Eating small meals throughout the day keeps the body working efficiently and leads to overall better health and body weight.

Snacks help provide missing nutrients.

Children need a variety of nutrients for healthy growth and development.

Snacks can provide the extra nutrients that children may not consume at regular meals.

If a child does not get enough fruits and vegetables with meals, then snacks are a great time to incorporate them.

Contributors: Arineh Joakim, Samar Makarem, Anna Sfeir, Nicole Frattali, Elva Perez, Kathy Soltani, Elaine Yip, Davina Azizzadeh, Hazera Janice Chowdhury, Christine Lunde, Alla Rolbin, Maral Kaprielian.



How to involve children in making snack choices

Children will be more likely to eat fruits and vegetables and other nutritious snacks if they take part in preparing them.

Involve children in planning for healthy food choices by offering many healthy options.

Develop a list of possible food choices and allow the child to choose the snack foods.

Children feel better when they are involved in the decision-making process. This can help prevent snack-time battles.

Food preparation can be fun.

Cutting foods into fun geometric shapes makes the food more appetizing. Be adventurous! Try a variety of foods, combining different shapes, colors, and flavors.



How you can be a role model

Parents can show their kids that eating healthy foods can be fun and enjoyable.

Include fresh fruits and vegetables as snack choices. Fruits and vegetables are essential because they are rich in many nutrients that support growth & development.

Keep healthy, wholesome snacks around the house such as fresh fruits, vegetables, low-fat cheese and yogurt, nuts, and whole grain cereals that are easily accessible.

Fruit Yogurt Granola Delight

Ingredients:

- 1/2 cup low-fat fruit yogurt of your choice
- 1/4 cup low-fat crunchy granola cereal
- 3 Tbsp. of fresh or frozen berries (strawberries, blueberries or raspberries)

Instructions:

Layer the three ingredients in a serving dish and enjoy.

Makes 1 serving

Per serving: Calories-230, Protein-7g, Fat-3g, Saturated Fat-1g, Carbohydrate-45g, Fiber-4g



What makes a healthy snack?

Many snacks are high in fat and sugar. Vending machines are often loaded with these kinds of snack foods. To make your snacks part of a balanced diet, try to eat:

- Foods with fewer calories and more nutrients.
- Foods that are rich in whole grains and fiber.
- Foods low in fat, sugar, and salt.
- Snacks that combine foods from at least two food groups, such as apples and peanut butter.
- A variety of fruits and vegetables.



Snacking tips for children

- Space snacks 1½ - 2 hours between meals so appetites are not spoiled.
- Pre-portion your child's snacks into small plastic bags to grab on the go.
- Designate an area in your refrigerator or cupboard for healthy snacks so your kids know where to find them.
- Combine a protein and a carbohydrate such as low-fat cheese and a whole wheat tortilla. This will make the snack more filling and will tide kids over until their next meal.



Top Hat Pizza

Ingredients:

- 1 whole wheat pita bread (7" diameter)
- 3 Tbsp. pizza sauce
- ¼ green or red bell pepper (chopped)
- ¼ small onion (chopped)
- ¼ tsp. Italian herb seasoning
- ½ oz. part-skim mozzarella cheese (2 Tbsp. grated)
- ½ tsp. grated parmesan cheese



Instructions:

- 1) Preheat oven to 400°F.
- 2) Cut out a circle from top layer of pita bread leaving a one inch border around the edge. Save.

- 3) Bake pita bread on cookie or baking sheet on the middle rack for 5 minutes.
- 4) Remove the pita bread from the oven and cool slightly.
- 5) Spread the pizza sauce evenly on top and under the edge of the pita bread. Sprinkle on bell pepper, onion, Italian seasoning, and mozzarella cheese.
- 6) Top with circle of pita bread to form a "hat."
- 7) Bake for 8 - 9 minutes.
- 8) Sprinkle with parmesan cheese and let stand for a few minutes. Cut in half and serve hot.

Makes 2 servings

Per serving: Calories-240, Protein-11g, Fat-4g, Saturated Fat-2g, Carbohydrate-42g, Fiber-6g

Snacking Checklist

Aim to combine **two** of the following:

- ✓ **Protein** Lean meat, low-fat cheese, yogurt and milk are all good protein choices.
- ✓ **Complex Carbohydrates** Whole wheat bread and oatmeal are all examples of good carbohydrates to choose.
- ✓ **Fruits & Vegetables** Healthy, whole fruits and vegetables such as apple slices, or carrot sticks and low-fat dip are a great way to snack.
- ✓ **Dairy** Low-fat yogurt, milk, and cheese are good sources of calcium, protein and other nutrients.

Tip: Healthy snacks are generally 200 calories or less.

Banana Milk

Ingredients:

2 medium bananas
2 cups low-fat milk
1 tsp vanilla extract
Dash of nutmeg

Instructions:

Add the first three ingredients to the blender and blend until smooth. Pour into glasses plain or over ice and sprinkle a dash of nutmeg on top for color.

Makes 3 servings

Per serving: Calories-143,
Protein-6g, Fat-2g,
Saturated Fat-1g,
Carbohydrate-26g, Fiber-2g



Happy Trail Mix

Ingredients:

3 Tbsp. seedless raisins
2 Tbsp. roasted unsalted peanuts
1/2 cup whole wheat mini pretzels

Instructions:

Mix all three ingredients in a bowl and enjoy this healthy snack.

Makes 3 servings

Per serving: Calories-200, Protein-6g,
Fat-4g, Saturated Fat-0.5g,
Carbohydrate-40g, Fiber-4g

Resources

American Dietetic Association

Nutrition information for the entire family.
www.eatright.org

5 A Day

Ideas on serving fruits and vegetables.
www.5aday.com

Meals Matter

Healthy meal and snack ideas.
www.mealsmatter.org

MyPyramid

Nutrition resources for kids and parents.
www.mypyramid.gov



Airs weekdays at 1:30 p.m. &
4:30 p.m. For more information
and resources visit
www.aplaceofourown.org
Major funding provided by BP,
First 5 California & First 5 LA



California State University
Northridge



Northeast Valley Health Corporation in collaboration with Kaiser Permanente is now offering a comprehensive pediatric weight management program, KP KIDS. The KP KIDS program is targeted for children between the ages of 5-12 and their families. For more information, please call (818) 270-9508.